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HONO LULU, H. I., JUNE 4, 1881.

THE HUMAN BODY.

(EXTRACT FROM SANITARY INSTRUCTIONS FOR HAWAIIANS, BY WALTER M. GIBSON.)
(English Version.)

This book treats of the laws of health. In order to rightly understand the laws of a country, we must study the constitution, or organic basis of the laws. Now the constitution of the human body is the organic basis upon which is founded the laws of health; and so, to learn to keep well, we must know something about our own bodies.

The study of the human body is set forth in a science called Anatomy. It is not within the scope or purpose of this book to treat of this important science, but only to state a few particulars, in relation to parts of the human body, so as to assist in understanding laws of health.

1.—THE SKIN OF THE HUMAN BODY.

The ignorant look upon their skin as a mere covering, and not an essential or vital part of the body. But a man could not live without his skin, any more than he could live without breathing. He breathes through innumerable little openings in his skin, called pores, as well as through his mouth. In truth, all these little openings are mouths of the skin. They are too small for any human eye to see them unaided. But, with the help of the microscope, they can be examined and counted. There are about three thousand of these little mouths on a space of skin that could be covered by a silver half-dollar. There are over fifty thousand of these little mouths in the skin of one hand; and there are about five million of them in the entire skin of a human body.

All this great multitude of little mouths are as much employed as the larger mouth of the face. The pores are all engaged in breathing, as well as the mouth; and if they were all closed in any human body, the individual would die, the same as if the breathing apertures of his face were closed. If a man's body was covered over, at every point, with a thick carnish, so as to close every pore, he would immediately feel great heat and pain, and very soon die.

When the body is very dirty, and has not been washed for some time, the feeling of the skin is very unpleasant and uncomfortable—that is because many of these pores or little mouths have been choked with dirt. This discomfort will be felt by often bathing in the sea and not cleansing off with fresh water. The little pores become closed with salt, and hence many skin diseases.

When any one bathes in fresh water, and rubs the skin clean, then all the five million little mouths are opened with gladness.

Don't neglect to keep all these mouths open by keeping the body always clean, by careful washings in fresh water, and rubbing dry afterwards with a clean towel.

2.—THE NOSES.

These are the supports of the body, like the framework of a house. There are two hundred and eighty bones, not counting the teeth, in the human body. Good healthy bones are hard, like the ivory tusk of a walrus, and diseased bones are soft, and easily decay.

If a man wants a house to stand firm, the frame must be made of good hard wood: so if he wants his body to be strong, he must try to have sound, healthy bones.

According to the way men breathe and the food they eat, and the air they live generally they will have good and hard, or bad and soft bones.

Poi, the ancient food of Hawaiians, is good for making sound bones. So is flour, and other food made from foreign grains. Milk of cows and of other animals promotes the growth of sound bones in children. But if a child should be fed only on cane juice, coconut milk, or sugar and water, as some are, it may have weak bones, be sickly, and never grow up to be a healthy man or woman.

And if a man shall eat little and drink a great deal of intoxicating drinks, he will have weak and diseased bones, and all at once his bones of flesh will fall down.

3.—THE BOWELS.

The ancient Hawaiians, as well as many other ancient uncivilized people, considered the bowels the seat of intelligence. But a correct knowledge of the human constitution teaches us that the brain must be the seat of thought and reason. However, the function of the intestines is fully as important as that of the brain—perhaps more so, because a man may lose a portion of his brain and live on, but if a very slight puncture should be made in his viscera, so as to permit any escape of contents into the abdomen, he would surely die.

The observance of the following rules, will help to promote a healthy condition of the bowels:

RULE 1.

Keep the bowels open, at all times and under all circumstances.

If the bowels are obstructed, so as to prevent regular discharges, the effort is the same as when the pores of the skin are stopped up—inflammation or fever sets in.

Open bowels is one of the surest guarantees of health and long life.

A distinguished man of America, being asked what was the secret of his good health and vigor at an advanced age, replied, "Open bowels and a clear conscience."

The proper condition of the bowels should be regulated by food and exercise, rather than by medicine. However, Hawaiians must be careful in the use of foreign articles of food, and notice the effect on their health of articles of diet to which they have not been accustomed in earlier years.

The ancient uncivilized Hawaiians had few articles of food, with plenty of outdoor exercise, and they no doubt enjoyed an easy condition of body without any observation of diet; but civilized Hawaiians, with their greater variety of food, and more indoor life, must pay attention to their diet.

The chief article of Hawaiian food, the taro, its preparation as poi, is one of the best nourishments of the human body. It combines many excellent qualities, and both strengthens the body and keeps up an easy condition of the bowels.

Foreign articles of diet, such as bread and rice, though excellent for the bowels of the body, yet too freely used by Hawaiians, who are not generally habituated to food made from foreign grains, may cause constipation.

When constipation takes place, do not at once take pills or eat some other medicine to correct the evil. Eat some relaxing fruit or vegetable.

The chia, the banana, the poia, and the ohelo are all good to relax the bowels. So also are the sweet potato, the tomato and the wild pig weed, all of which are found in abundance on all these islands.

The pig weed or lamb's quarter is an excellent vegetable when cooked, to promote a mild and healthy relaxation of the bowels.

If constipation is obstinate, and you must take medicine, a table-spoonful or two of castor oil, according to age, will be the best remedy to take. Of course, do not neglect the use of the syringe, if the case is very obstinate.

RULE 2.

Never let the bowels get chilled, especially by wet clothes and a cold wind.

Cold exposure will cause diarrhoea and painful and dangerous effects.

to put a red pepper pod into a cup of hot water, and drink the decoction as hot as it can be borne by the stomach.

The red pepper is the chief ingredient of the medicine called "Painkiller," well known to Hawaiians. The simple red pepper pod is equally as good as the painkiller, not only for diarrhoea, but for colds in the body of any kind, and costs nothing.

Also a drink of the native nehe tea is good in such cases; and in all cases of disorder of the bowels it is well to keep them warm with clothing, and to repose as much as possible.

4.—THE BLOOD.

Is the life. If the blood is in good order, all is well, and there is no ache or pain in the body, unless it be caused by accident. Therefore a very important matter for any intelligent individual to consider and try to understand, who desires health and long life, is the nature of the blood, and how to keep it in healthy condition.

This red blood of our bodies is made partly by the food we eat, and partly by the air we breathe. If our food was always sufficient, of good quality, and eaten rightly; and if the air we breathed was always pure, and we exercised or labored moderately, we would have good blood, and we would rarely, if ever, be sick. Now, in view of these plain truths, it would appear to be an easy matter to always keep well. But unfortunately, such is the perversity or gross ignorance of the larger portion of mankind, that they are very frequently lax, in consequence of violating the plain laws of health in relation to the blood.

Sometimes they eat too much, or it may be too little, or they eat that which does not digest well, and drink only that which excites the mind and hurts the body. And then so many pass away their time without exertion, and live and sleep in an atmosphere which is tainted with poison to the blood.

The following are some of the most important rules to observe, in order to keep the blood in good condition, and enjoy good health:

RULE 1.—Eat Wholesome Food.

The ancient diet of Hawaiians, the taro and its preparations of poi, the sweet potato, the yam, the breadfruit, the banana, the sugar cane, the coconut, the palm fern, the ki root, the ohelo, and the Hawaiian pea, along with the flesh of pigs and dogs, and the meat of great varieties of fish, these were all nourishing, and good blood producing articles. And to this old, native diet have been added many new articles of food, brought from foreign lands. Of these foreign articles, all flour, rice, and other foreign grains, along with beef, mutton, and many varieties of preserved fish, are as healthful as any portion of the indigenous food of the islands. There is an abundance of wholesome food readily produced in this archipelago, which can always be produced by industrious Hawaiians with a little exertion.

It does not require a hard struggle to get a living in this favored country; and there ought to be no complaint here of imperfect or insufficient food, as is the case in many countries, less than Hawaii; therefore, it would be reasonable to suppose that all Hawaiians should have pure blood and soundness of health, on account of the abundance of good food.

But here we must consider the perversion of articles of good food into intoxicating drinks, with which Hawaiians poison, rather than purify, their blood. The sugar cane makes rum; and corn, ki root, and even potatoes and melons, make varieties of olebano or whiskey. These and other intoxicating drinks have had a very large share in poisoning the blood, and in destroying the health of Hawaiians and other Polynesians.

There are many other islands and groups of islands in the Pacific Ocean, inhabited by red-skinned people, like Hawaiians, where the population is always increasing, instead of decreasing, as it is here: where the chiefs and their families are still numerous, and where it is evident that the red people will continue the most numerous portion of the population for long centuries to come. In these countries such as Java, Sumatra, Celebes, and other great and populous islands, no intoxicating fluids, with rare exceptions, are ever drunk, because they are strictly tabooed by their Mahometan religion. Hence it is reasonable to state, in considering the cause of the decay of the Hawaiian Polynesians, and of the increase of the Mahometan Malays, that owing to the fact that the former, especially Hawaiian chiefs, have used largely of intoxicating drinks, whilst the latter have abstained from them altogether, that the one race has decayed and the other has increased, whilst the other has preserved comparative health and long life. Now, must we, in view of these facts, attribute a greater virtue and restraining power to the Mahometan faith, than to the Christian religion? We must not jump at any such conclusion. But this can be ascertained, that in the case of the Malay Islanders, their Mahometan teachers, when they commenced their conversion from their ancient idol worship and gross paganism, made abstention from all intoxicating drinks an imperative article of their creed; whilst in the case of Hawaiians, when converted from heathenism, although the virtue of temperance as a precept of religion was sedulously taught, yet total abstinence was not insisted upon, especially among Hawaiians in high positions, so as to be regarded as an indispensable law of an orthodox or faithful life, as in the Mahometan islands.

Alas, Hawaiians! look back for only sixty years, since the commencement of your enlightened era, and recall to mind all your lines of chiefs that have passed away during those years, and all others will be obliged to assent to the statement, that many of them died drunkards, and others with their blood poisoned, and bodies diseased by frequent use of intoxicating drinks. It is true that successive Hawaiian Legislatures have tabooed intoxicating drinks to the Hawaiian people, and all foreign Christian teachers have persistently denounced their use among their congregations; yet Hawaiian chiefs indulge without sufficient rebuke, and hence the common people have regarded the use as a privilege, which they might claim, had they means or station to permit them to indulge.

It is not, as it ought not to be, any purpose of this work on sanitary instruction, to be discussing any question of religious influence;—but the contrast in the physical condition of a decreasing Christian brown people, and of an increasing Mahometan people of kindred stock, is presented, in order to show that, although brown Christians, the Hawaiians, enjoy superior advantages of enlightenment, of schools, of literature and of free institutions, and are more highly esteemed by the world than the Mahometan brown negroes, yet for all that, the latter have better health, enjoy longer life, and increase and multiply in their islands. All the reasons of this difference cannot here be stated; but one may be repeated, that because strict temperance is a law of the Mahometan states of Malaysia, do their people increase. No Hawaiian can be a drunkard, or even a moderate drinker, and hope to live to a full number of years. Some white men may indulge in the abuse of intoxicating drinks for some length of time, but any preparation of alcohol is poisonous to the Hawaiian, and to all other Polynesians; it corrupts their blood, it inflates their bodies, it causes eruptions on their skin, it leads to vicious temptations, it promotes sterility, and hurries the life, he be chief or commoner (kuaiana), to his grave.

There are so many wholesome and good things for food in these islands; why should you Hawaiians violate the laws of your country, in order to procure that which is poisonous and the cause of death? Be content with the pleasant savor of the ki root, with the rich flavor of the sweet potato, and the yam; and the refreshing juice of the crisp water-melon, even as God made them for you in the fields, and keep your blood pure, and be healthy, and live to a good old age.

But when you have an abundance of good, wholesome food, you must carefully bear in mind

RULE 2.—Not to Overeat.

You must not continue to eat until an oppressive fullness in the stomach compels you to stop your feeding. If you overeat, or gorge your stomach, especially after hard work, or fatigue of any kind, you check or disturb the circulation of the blood; you cause it to clog, or congest in some part of the body, and in consequence you may have an inflammation of the bowels, or a bad headache, or be struck dead with apoplexy. Or, if no immediate serious attack of any kind takes place, you may be sure that you have, by your gluttony, vitiated your blood and injuriously affected your health in some way. By overeating, your skin will be affected, and break out in pimples and blotches; your eyesight will be weakened; your bowels will be constipated; the action of your heart and your liver will be deranged; and consequently bad blood will be made, which will show itself in aches and fevers, and various diseases of the body.

Always rest and cool off, after strong exertion of any kind, before you sit down to eat. On the other hand consider

RULE 3.—Do not Starve your Body.

Or pinch your stomach, by eating too little. Never go without food for twenty-four, or even twelve hours, voluntarily, as is the case sometimes with some Hawaiians. This does not mean, however, rarely so, because no food can be obtained; but very often because those who fast are too negligent or indolent to prepare food, and they will undergo a long fast, until the pains of hunger have made it a necessity to prepare something to eat. The frequent fastings and unfasting, and a too long empty stomach, will cause vitiation of blood and disease, as well as cramping of an over-full stomach, when in a state of good appetite.

Therefore, in the matter of fasting, those instances when it may be necessary to fast a short while, in order to correct the injurious effects of some previous over-eating.

All barbarians, or people in a rude, uncivilized state, are accustomed to feed and gorge, at times; and, on other occasions, to go with empty stomachs, even for days. This is the condition and habit of wild beasts. But you, civilized Hawaiians, who live in a country regulated and made secure by law, and who can keep your store of provisions in your own house, without fear of the tyranny of a chief, or the high hand of a robber, should not imitate the fastings and unfastings of wild beasts. You should partake of at least three meals each day, between your rising in the morning and your retirement at night, and should allow about five hours to elapse between meals. With such apportionment of your times for eating, your digestion will be regular, your blood be kept pure, and your body free from disease.

RULE 4.—Breathe pure Air

This rule, in respect to Hawaiians, will apply chiefly to indoor life. The air of the mountains, plains, and shores of the Hawaiian Islands is pure and salubrious. There is no malaria in the climate of Hawaii, and no malarial fever, as there is in bad air around their dwellings; and Hawaiians, unfortunately, seem to be very indifferent about good or bad air in places where they live, and eat, and sleep. A close, dark house, which receives no sunlight, will soon be poisoned with bad air. A badly ventilated and damp house will have a vitiated atmosphere. The deposit of excreta, or any effluvia around a dwelling will soon render it "unwholesome." But let us consider a few facts in regard to

GOOD AND BAD AIR.

The atmosphere of the mountain and the plain, which supports the life of its wing, which feeds the flame of a fire, gives redness to the blood, and which enlivens our bodies like the fluid of a great ocean; when not loaded with dust, or swampy exhalation; or when not matter which does not belong to it, is generally pure; and, if we breathe it alone, our blood will be pure and our health untroubled. But it must be reiterated that men are born to use their bodies, with which to poison themselves, and that they take great pains to shut out light and circulation of air from the place where they sleep. The air of a close, dark house becomes still and dead. Air, like water, must be kept in motion, or in currents, in order to keep pure. Stagnant and unhealthy matter accumulates in stagnant water. Such is also the case in stagnant air. You cannot see the stink that generates in still air, but it is there. The air is full of minute germs or seeds, that in certain cases, will inflame, and excite disease, and all the organic or growing matter of the atmosphere. These germs produce what are called fungi, or, as we call them, microscopic mushrooms; so minute as not to be singly visible to the naked eye. Some appear in the shape of green mould, or brown dust, or white cottony masses, under damp mats, or upon neglected shoes or saddles; or a dark blight upon the leaves of oranges, and other trees and plants, and, also in many fruits and grains. And then, again, these fungi are blown about by the wind, and produce eruptions and various diseases. If we knew all about these fungi, or infernal life, whose germs or seeds are floating everywhere in the atmosphere, we would, in the opinion of every learned man, know all about cholera, yellow fever, and other dangerous diseases, and probably we would then know all the causes of leprosy. But we know enough to satisfy able scientific observers; that some of our worst diseases are in the air; yet, bear in mind, that they are not in lively, flowing, open air, but in dark, damp, and confined air. Still air, like still water, as has been said before, allows dangerous things to grow. If there is any mold under the mats upon which you lie, or in the thatch of your house, or in any dark, damp room, you will be liable to coughs and diarrhoea, and other ailments. Your blood is getting out of order. The being that grows in the growth by the still, damp air, are attacking you; and if you do not ventilate your house and sun dry everything you lie upon, some dangerous malady will lay hold upon you.

Therefore, keep your sleeping place and sleeping garments very dry; and be sure to let the sun shine some time in the day into your bedroom.

Several persons should not sleep together in one small sleeping room. No one should sleep in a room entirely closed to the outer air. The air we discharge from our lungs, that is, our out-breathing, should not be breathed again by us, or by others, but should be freshened and drawn into the lungs; the same as if we took back into the stomach the excrement that has been discharged from the bowels. And, as excrement should be hidden in the soil, to be purified, so should discharged breath be free to return into the great ocean of the atmosphere, there to become pure air again. And the same is true of the breathings and perspiring from the minute mouths or pores of the skin; these should be frequently cleansed, and the body be kept constantly clean from its own discharges. In this connection, every head of a family must see that his house has attached to it a suitable privy.

Such a place should never emit a bad smell, to the annoyance, frequently, of neighbors, and injury to your general health. It is well known that dangerous fevers and bowel complaints are nourished and harbored by neglected privies. Those fatal fungi, that breed so many diseases, are nourished by fermenting and exposed excrement. These dangers and annoyances are easily remedied and guarded against. Our mother earth is the best purifier. Any stinking substance loses its bad odor when buried in the earth. A small quantity of fresh earth when thrown upon offal will absorb or neutralize the bad smell. Therefore, do you, who are the guardian of the family, and who are also a civilized man, and there-

fore a respecter of your neighbor's rights and welfare, as well as of your own, take a shovel or spade in hand, from time to time, and throw a little fresh earth into the pit of your privy; enough to cover its surface, and then you will stop all offensive odor, and the outflow of any injurious exhalation, calculated to poison the blood of yourself, your children, or of your neighbors. And when the pit is full, dig a new one; you will thereby promote your own health, and save your soul from the blood-guiltiness which must attach to every man, who carelessly allows an offensive disease-breeder to remain undisturbed in his back yard. This subject is more fully treated in the article on "Out-door Cleanliness."

Now, a few words about

RULE 5.—Labor or Exercise.

This rule, of course, does not apply to Hawaiians, who work hard on plantations, or their own kuleanas of land, but to those who pass the working time in loafing about, or in idling upon mats. Let us remember, that, as stagnation of the blood generates unwholesome slime, and still air breeds injurious fungi, so does indolence and inaction of the body give occasion to many diseases. It is spoken of as a curse, that man must earn his food by the sweat of his brow, but it is a blessing. Labor keeps freedom from temptations. Labor idly away their time, are easily tempted to yield their bodies to abuse and disease, become barren, and defeat the hope of their race and nation. In respect to the rule, or health law of labor, Hawaiians of this day should bear in mind that once they were forced to work by the tyranny of chiefs, and they were then a numerous people; and, as now they are free, they should guard against the diseases and decay that grow out of indolence, by self imposed labor for their own welfare.

Death of James A. Thompson, Esq.

James A. Thompson, a former well-known resident of this city, died at Kohala, Hawaii, Hawaiian Islands, on the third day of March last, at the age of 71 years and five months. A letter received from one of his sons by Wm. R. Smith, gives the following sad particulars in regard to the cause of his death. The letter says he had recently recovered from an attack of inflammation of the bowels, and, considering himself as well as usual, was taking a ride accompanied by his daughter, but feeling a little unwell, they stopped at the drug store of his son, Dr. Lyman Thompson, and took a dose of what he supposed to be medicine that had been prescribed for him, but made the fatal mistake of taking tincture of Aconite. Continuing their ride, Mr. Thompson complained of a peculiar feeling and extreme thirst, and his daughter urged their return, but he was not alarmed, and, calmed her fears, they kept on their ride. In a few moments, however, he was taken violently ill, and before medical assistance could be had, death ensued.

Mr. Thompson was for many years engaged in business in this city, where he reared a large family. He was a thriving active business man, and at some periods of his life was very successful. He had much prosperity and some adversity, but under all circumstances he was cheerful and hopeful. He was a man of great benevolence, warm hearted and generous almost to a fault, delighted in acts of kindness to his fellow men and was constant in his efforts to relieve the wants and sufferings of the poor and needy. No more noble heart ever walked the streets of our city or mingled in our business or social circles. He will long be remembered by a host of friends here with respect and affection.

Mr. Thompson at one time represented the city in the House of Representatives as a colleague of Hon. Lot M. Doolittle, since his removal from this city, he has resided in New York city; Portland, Maine; St. Paul, Minnesota; and the Sandwich Islands. Wherever he went, hosts of friends were sure to attach themselves to him. His life has been an eventful one and ended in a tragic manner, touching deeply the feelings of his old friends, neighbors and associates in Augusta.—Kenebe Journal.

A correspondent of the Scientific American says: Let any one who has an attack of lockjaw take a small quantity of turpentine, warm it and pour it on the wound, no matter where the wound is, and relief will follow in less than a minute. Nothing better can be applied to a green wound, or a bruise than cold turpentine; it will give certain relief almost instantly. Turpentine is also a sovereign remedy for eczema. Saturate a piece of red flannel with it and place the flannel on the throat and chest, and in every case three or four drops on a lump of sugar may be taken inwardly.

A high authority observes that smokers who carry their cigars at a considerable angle are generally aces. If the habit is accompanied by a white hair worn on the right side of the head, they are rowdies as well as aces. "Beware," he says, "of the man who wallows 'his cigar, and loosely from under the side of the mouth to the other, and chewing the end. He is apt to be loose in his morals and indifferent about the payment of his bills." When you see a man's hat, and cigar tilted at such angles, that the brim of the one, and the point of the other nearly meet, you may expect to find a scamp.

The skin of a boiled egg is the most efficacious remedy that can be applied to a boil. Peel it carefully, wet and apply it to the part affected. It will draw off the matter and relieve the soreness in a few hours.

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NOTICE.

MR. H. MACFARLANE IS AUTHORIZED to sign for him name by power of attorney, G. W. MACFARLANE & CO. Honolulu, May 9th, 1881. my14 54

NOTICE.

MR. W. L. GREEN AND MR. H. MACFARLANE, will act for me, under a joint Power of Attorney, dated from the Kingdom of Hawaii, G. W. MACFARLANE. Honolulu, May 9th, 1881. my14 54

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